

From the Gifted Department

Winter 2019

Dear Parents,

Welcome to the second semester! I have been working with teachers to provide rigorous and engaging instruction as well as helping guidance support students. I have also been meeting with struggling students to help them with organizational, time management, and study skills. I'm here to support students, parents, and teachers.

Feel free to contact me with any questions or concerns.

Have a great rest of the week!

Kim Walsh

kwalsh1@nps.k12.va.us

AOIS at Rosemont

Mondays and Tuesdays

The energy of the mind is the essence of life. – Aristotle



Interested in being an advocate for gifted education?

Join GEAC!

April 2

May 7

June 4

Academy of International Studies at Rosemont 6 p.m. in the media center



Teaching Empathy

With the increase in technology comes the decline in human interaction and empathy. How can we instill this in our children?

What is empathy?

Empathy is the ability to understand perspectives other than your own.

Why should we teach our children empathy?

Learning is possible when students' physical, social, and emotional needs have been met. A recent study by the American Public Health Foundation found connections between social-emotional skills taught in kindergarten and positive adult outcomes including "education, employment, criminal activity, substance use, and mental health." Empathy has a positive effect on gifted students' academic achievement, self-confidence, self-control, and self-initiative.

How can I teach it to my child?

- Model compassion and kindness toward others.
- Discuss current events with your child and have them put themselves in another person's shoes.
- Have your child reflect on the impact of their actions (positive or negative) on others.
- Teach your child to identify their emotions instead of just reacting to them and then create a plan to act appropriately.
- Use diverse books to teach empathy. <https://www.teachthought.com/pedagogy/50-of-the-best-books-to-teach-children-empathy/>
- Identify shared similarities and differences with others.

From <https://pdfs.semanticscholar.org/01e3/ee42e8258f4d9e74acd5f4e4acf54812dff7.pdf>

"If you can learn a simple trick, Scout, you'll get along a lot better with all kinds of folks. You never really understand a person until you consider things from his point of view, until you climb inside of his skin and walk around in it."

– Atticus Finch in *To Kill a Mockingbird*

Gifted News

- The Future Problem Solvers team finished their qualifying problem in February. Results will be sent out in March.
- Courtroom Law started on February 14. Lawyers have been working with students to prepare them for the Marvel Mock Trial on April 26.
- The Office of Academic Rigor is accepting applications for NORSTAR. Interested 8th graders should apply. <https://www.npsk12.com/cms/lib/VA02208074/Centricity/Domain/717/2019%20NORSTAR%20FlyerUpdt.pdf>
- The Office of Academic Rigor will have summer opportunities posted soon. Camp Launch applications for students in Grades K-5 are available on the NPS homepage.